



# HOW TO ROAST CAULIFLOWER



Serves: 4



Prep Time: 10 minutes  
Cook Time: 15 minutes

## INGREDIENTS

2 Tbsp. extra virgin olive oil

2 cloves garlic, minced

1 head Ocean Mist Farms Cauliflower, cleaned and cut into florets

Salt & pepper, to taste

Red chili flakes, optional

Juice of 1 lemon



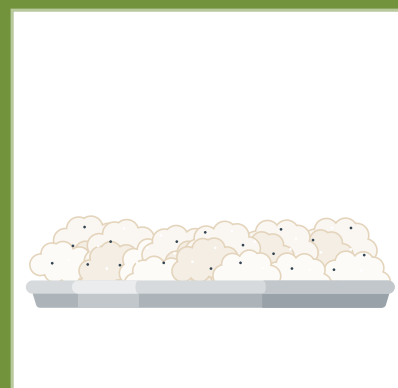
### PREHEAT

Oven to 400° F.



### MIX

All ingredients in a bowl.



### SPREAD

Onto a baking sheet.



### ROAST

For 15-17 minutes, until  
sprouts are browned  
and tender. Serve hot.



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